

MY SAFETY PLAN

Creation Date: _____

Lesson 2 Learning Log

What do I need to pack?

(For example: clothes for work, medication, toiletries, banking info)

Where will I keep my bags?

(For example: the trunk of my car)

Where can I stay?

(For example: my sister's house)

Where is a back-up place to stay?

(For example: with my friend Shirley)

What do I need to pack for my children?

(For example: clothes, toiletries, medication)

What contact numbers do I need to keep with me?

(For example: my sister's, Shirley's, the local women's shelter, the police)

What is a code word to use with my family and friends if I need help?

(For example: there's a storm in sight)

National Domestic Violence Hotline 1.800.799.SAFE (7223)

Veterans Crisis Line 1.800.273.8255 Press 1

WWW.PTSD.VA.GOV/APPS/CRAFTPTSD/



National Center for

PTSD

POSTTRAUMATIC STRESS DISORDER